

# Casualty Simulation

## What is Casualty Simulation

Divide the Cadets into small groups and get them to discuss what casualty simulation means to them.

Definition: Casualty Simulation is the skill of accurately portraying injury or illness in as realistic way as possible.

Show the Cadets the vu-foil and stress the importance that all elements make up casualty simulation and if any one element is missing it is not casualty simulation.

## Why do casualty simulation?

In the same groups ask the Cadets to discuss why we should do casualty simulation.

List all the reasons given on a white board or flip chart.

## Health & Safety

Discuss with the Cadets the following basic rules for health and safety when doing casualty simulation.

- Wear old clothes
- Do not leave the Unit without removing all make-up.
- Replace all lids on the make-up as soon as you have finished using it.
- Do not put yourself or anyone else in danger.
- Clean and tidy the make-up area including any spillages.

## Staging

### Introduction and Principles

Staging is only one part of the casualty simulation process but an important part. Realism must be the main objective for any scenario.

The staging must be safe for the casualty, the rescuers and observers.

Particular attention must be given to detail. Think carefully about how the accident occurred, how the injuries occurred and what has happened.

## Safety

Discuss with the Cadets the things that need to be considered with regards to safety when staging a scenario.

Possible safety issues: [OHP]

- Weather
- Sharp objects eg glass

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- Traffic
- Falling objects
- Safe access to scenario
- Skill levels of rescuers
- Length of scenario
- Health of casualty

Never show an accident happening except for fainting. It increases the danger to yourself and the First Aiders.

## Props

Divide the Cadets into groups and ask them to think of props that can be used in a scenario. Ask them to think of an injury for each prop and how that prop caused - or was involved in causing - that injury.

Possible props:

- Knife
- Bottle
- Ladder
- Chair
- Drill
- Kettle
- Toolkit
- Kerbs
- Car
- Crash helmet
- Bicycle

## Positioning

Casualty positioning should be considered in conjunction with the props used and the scenario setting. Issues to consider when positioning a casualty include:

- Direction of travel (including casualty if thrown)
- Weather
- Time of day

Section: Creative

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Level 1 - Session 1

- Type of incident
- Injuries
- How the accident occurred?
- Speed
- Time lapsed from accident happening

Discuss how each issue affects the positioning of the casualty.

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## Make-up

### Safety Issues:

Discuss safety issues with the Cadets related to make-up.

- Be careful when using make-up around the eyes.
- If any reaction to the make-up occurs stop using it.

### Basic Materials:

Two of the basic materials of casualty simulation are false tissue and blood. These can both be made in the domestic kitchen and Cadets will be expected to make their own at home and use them in the future sessions.

Warning: Proprietary stage bloods can be purchased. However, some stage bloods may stain.

Give out Handouts 1 and 2.

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## Swelling

Demonstrate the creation of a basic swelling using false tissue.

Pay particular attention to the following:

- Colour matching - does it look the same colour as the skin
- Blending - are all edges blended into the skin so they are hidden

Get the Cadets to practice the creation of a swelling.

How the final make-up should look:



## Basic Burn/Scald

Discuss the recognition features of a basic burn and scald.

Demonstrate a basic burn or scald using reddening.

Explain how burns/scalds happen and where the burnt areas would occur.

Activity: Get the Cadets to pour cold water over their hands and watch where that water runs. These areas would be where the burns occur.

Get the Cadets to practice a basic burn/scald.

How the final make-up should look:



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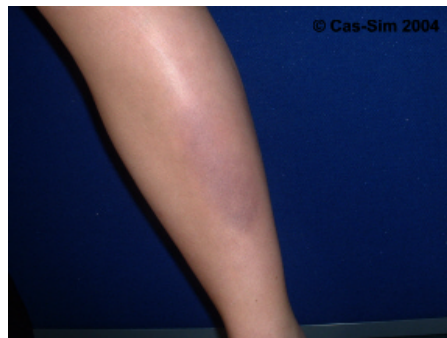
## Basic Bruise

Discuss the recognition features of a basic bruise.

Demonstrate a basic bruise that has just happened paying particular attention to blending the edges.

Get the Cadets to practice basic bruising.

How the final make-up should look:



## Basic Abrasions

Discuss the recognition features of a basic abrasion.

Demonstrate a basic abrasion.

Explain that abrasions are caused by friction and how the direction of travel affects the make-up.

Get the Cadets to practice basic abrasions.

How the final make-up should look:



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## Acting

Explain the use of the commands 'Acting' and 'Stop Acting'. Also explain the use of the codeword 'SAFEGUARD'.

Discuss with the Cadets what makes a convincing acting casualty. The following points should be discussed:

- Body language
- Expressions
- Voice
- Eyes
- Time lapse - how long ago did it occur?
- Reaction to handling

### Basic Pain with Suitable Reaction

Discuss the following points with the Cadets:

- Reflect on personal experience
- Location of pain
- Consider development over time
- Keep to your brief and don't exaggerate
- Appropriate body language
- Know what treatment may be given and react appropriately

**Activity** ask the Cadets to act the following:

- Kick on the shin
- Toothache
- Stubbed toes
- Something in the eye
- Insect in the ear
- Trapped finger

### Relaxation

When acting as a casualty, relaxation is important. Some injuries need to portray a loss of power or movement to a limb.

Demonstrate the relaxation of an arm as if paralysed.

Ask Cadets to practice relaxing an arm and act as if it was made of rubber.

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Ask Cadets to practice relaxing a leg whilst lying on the floor and act as if it were made of rubber. Test their reaction to you moving their leg.

## Simple Breathing Problems

Discuss the different breathing problems that can occur. Ask the Cadets how these breathing problems sound.

Establish some rules when acting breathing problems:

- Don't act breathing problems if you are asthmatic or have other problems with your breathing.
- Maintain your own oxygen levels
- Don't over do it
- Learn your limitations and stick to them

Demonstrate shallow breathing.

Ask Cadets to practice shallow breathing.

Demonstrate noisy breathing.

Ask the Cadets to practice noisy breathing.

## Emotions

Brainstorm - Discuss the emotions that are involved with injured people. Ask the Cadets to list all those emotions.

Bring out the following points in the discussion:

- the physical/mental effects emotions can have on the body
- What is anxiety?
- How does anxiety develop over time?
- Recognise your own limitations
- Be aware of any personal past traumas
- Do not act beyond the guidelines of your brief
- Appropriate body language
- Condition may be time sensitive

Demonstrate simple anxiety.

Ask the Cadets to practice in pairs by giving them a story to act out (see scenario cards).

Demonstrate an anxious person.



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## Useful Resources

### Organisations

#### **Cas-Sim**

A national casualty simulation organisation  
Internet: [www.cas-sim.org](http://www.cas-sim.org)  
Email: [info@cas-sim.org](mailto:info@cas-sim.org)  
Help and advice, authors of this Subject

#### **The Three Kings Theatrical Supply Co.**

Theatrical supplies specialising in make-up  
Internet: [www.threekingstheatrical.com](http://www.threekingstheatrical.com)  
Email: [info@threekingstheatrical.com](mailto:info@threekingstheatrical.com)  
Provides make-up, casualty simulation kits and books listed

#### **First Aid Café**

A website dedicated to First Aid\  
Internet: [www.firstaidcafe.co.uk](http://www.firstaidcafe.co.uk)  
Useful source of some good photos of injuries

### Books

#### **Accident and Emergency Medicine**

by David G Ferguson and David I Fodden  
Published by Churchill Livingstone  
ISBN 0-443-06029-0  
(Some photos may not be suitable for younger Cadets)

#### **Grimas Make-up your professional hobby**

ISBN 90-71269-05-1  
Some chapters have useful photos

#### **Special Effects Make-up**

Janus Vinther  
Published by A & C Black  
ISBN 0-7136-6747-8  
Some chapters have some useful techniques

#### **Current First Aid Manual**

# Casualty Simulation

## Competency Sheet

Cadet Name :

Age:

Competency	Date	Competency Pass/Referred	Trainers Initials
<b>Introduction</b>			
Health & Safety			
<b>Staging</b>			
Principles of Staging			
Safety			
Props			
Positioning			
<b>Make-up</b>			
Swelling			
Basic Burn/Scald			
Basic Bruise			
Basic Abrasion			
<b>Acting</b>			
Basic pain with suitable reaction			
Relaxation			
Simple breathing problems			
Emotions			

Level 1 Competency Passed/referred\*

Assessor Name:

Date:

\*Delete as applicable